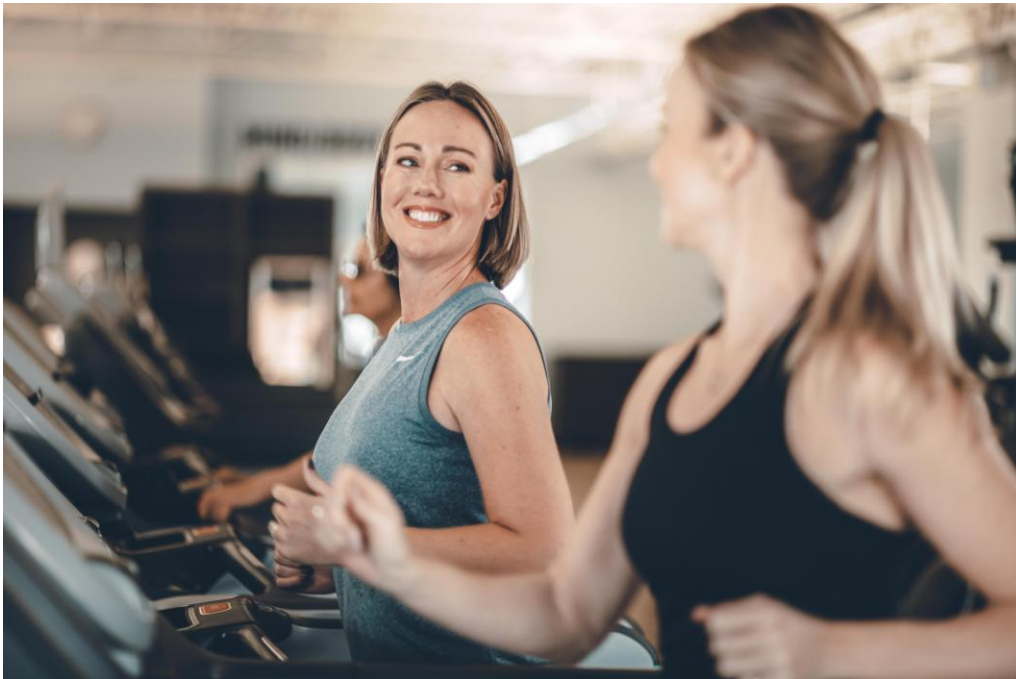


4 Benefits of a Corporate Partnership with In-Shape Family Fitness



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Do you want to improve your corporate benefits package? Consider a corporate partnership with In-Shape Family Fitness. They offer the best [gyms in Brentwood](#) and across the state of California. Providing your team with a health club membership has plenty of benefits, such as strengthening their bodies and brain power. Here are a few reasons to partner with In-Shape Family Fitness.



They Know the Importance of Fitness In the Workplace

Fitness is crucial to many aspects of daily life, including the workplace. Consider just a few of these statistics:

- Regular exercise can help boost brain function while reducing stress and improving memory.
- Health-related work losses cost an estimated \$260 billion each year
- Every dollar spent on wellness programs causes absenteeism costs and medical costs to fall by \$2.73 and \$3.27, respectively.
- 88% of employees consider health and wellness offerings, such as a health club membership, when choosing an employer.

All of these statistics can significantly affect your organization's bottom line, along with overall employee satisfaction. If you want to take your workforce to the next level, partner with In-Shape Family Fitness.

Treat Your Team to Club Events

There is always something fun happening at In-Shape Family Fitness' [gyms in Stockton](#), El Dorado Hills, Sacramento, and all over California! If you want to treat your team to a day out of the office, check out the club events. Your team can get in on the fun of a pickleball tournament, try exclusive studio fitness classes, join club mixers, or even bring their families to family fitness events.

Book In-Shape Family Fitness for Corporate Retreats

Your company can host a corporate gathering at the Rancho Solano health club in Fairfield. Not only will you get incredible views and a serene landscape, but you also get private offices and conference rooms that are ideal for retreats and corporate meetings. After the meeting, your team can hit the courts or enjoy a workout.

In-Shape Family Fitness Is Your Destination for Fun Team Building Events

At many other In-Shape Family Fitness locations, such as the In-Shape Family Fitness [gyms in Visalia](#), Fairfield, and Rocklin, you can host team-building events that will get your team together for friendly rivalries and spirited competition. In-Shape Family Fitness offers team-building events, including Open Play for tennis, basketball, racquetball, and pickleball, as well as tournament options for those sports. You can also offer your team private studio fitness classes.

Learn more about corporate partnerships with In-Shape Family Fitness at <https://www.inshape.com/>

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